Week 1: July 14 - July 20

For definitions and maximum points see: How to Earn Points

Complete green cells below Yellow cells should calculate automatically

Place points in each cell if appropriate							Point Criteria		
Quit Tobacco	M	Т	W	Т	F	S	S	Points	Quit Tobacco - 30 points weekly max
Self Assessment								0	25 points, one time event
Weekly Bonus Activity								0	5 points weekly
Stress Less									Stress Less - 7 points weekly max
Stress reduction for 15min.								0	1 point daily
General Health	М	Т	W	т	F	S	S		General Health - 21 points weekly max
Floss & Brush								0	1 point daily
Slept 7+ Hours								0	1 point daily
8-8oz glass of water								0	1 point daily
									Worksite Health Promotion - 5 points weekly max
Worksite Health Promotion								0	5 points weekly
When the week is finished, report this total score to your Team Captain:								0	